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Your essential daily news | TUESDAY, APRIL 4, 2017

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PATRICK FULGENCIO/FOR METRO



THE CHANGING STYLE OF ARGYLE

Nova Centre construction, businesses moving threaten 'funky and local' strip
metroNEWS

Spring gets cold shoulder

WEATHER

**With snow in the
forecast, we'll
have to wait for
a little warmth**



**Ben
Macintosh**
For Metro | Halifax

Spring is coming, but don't put your winter clothes away just yet, says Environment Canada.

With about seven centimetres of snow falling Sunday in Halifax and more coming Tuesday night into Wednesday, it seems winter isn't over.

Environment Canada meteorologist Bob Robichaud said all Atlantic provinces have been affected by a delayed spring.

"It's been worse in parts of Nova Scotia, outside of Halifax," said Robichaud in an interview on Monday. "Newfoundland is a whole other thing."

Early Monday morning, New-

foundland was hit with a blizzard cancelling schools and colleges in the St. John's area.

The end of this week we will start to see more spring-like weather, said Robichaud.

"Later this week will feel more like spring, with a little more rain and more seasonal temperatures."

After snow and rain on Wednesday, highs are supposed to be above 5 C the rest of the week.

Environment Canada's weather forecast said there is a 60 per cent chance of precipitation on Friday.

Tuesday is supposed to be 7 C but that's not unusual for April, said Robichaud.

"That's normal temperatures for this time of year, much more mild."

Robichaud warns that warmer weather now might not mean you should change your winter tires.

"It may be a little bit early for that," said Robichaud. "We can still get snow into early May."



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Changing face of Argyle St.

CONSTRUCTION

Shop owner says he has lost millions due to city oversight

Grace Gormley & Julianne Steeves
For Metro | Halifax

The now-former owner of the Economy Shoe Shop says the future of Argyle Street is looking less "funky and local" as businesses change hands due to nearby construction.

Victor Sypersek sold the restaurant late last week, and said he's lost millions because Halifax has "ignored" the effect of the past four years of construction on nearby businesses.

If the city had taken the businesses into account, Sypersek said they could have planned to finish the Argyle Street side of the Nova Centre more quickly.

"They could have made an effort to get Argyle Street finished two years ago and I would be in fine shape," Sypersek said in an interview Monday. "Business was still good then."

Instead, he has seen traffic to the street decrease and his business decrease with it. Last year, he joined a lawsuit against the Nova Centre and the municipality with several other businesses in the area.

Though his restaurant has suffered in recent years, Sypersek believes the Nova Centre and other new buildings downtown will get people back to Argyle Street, but he thinks that Argyle Street will be less "funky and local" than it was before the construction as more local businesses struggle to



With no patio season this summer, and new owners for multiple venues including the Economy Shoe Shop and Foggy Goggle, Argyle Street may take on a new feel. PATRICK FULGENCIO/FOR METRO

stay afloat.

Another concern for Argyle Street restaurants – many already coping with fewer customers than usual – is that they can't have outdoor patios this summer because of the upcoming streetscaping project.

Now, Sypersek will be focusing on his Gottingen Street businesses: the Marquee Ballroom, the Local and the Seahorse Tavern.

"It's booming there," Sypersek said. "It's the new cool part of the city."

The Economy Shoe Shop has been sold to the owners of the Toothy Moose next door, who he said are also taking

over the Argyle Street spaces that were previously home to The Foggy Goggle and The Seahorse Tavern.

Bar and eateries changing hands on Argyle Street is all part of the evolution of the area, according to Gordon Stewart, executive director of the Restaurant Association of Nova Scotia.

Stewart thinks the bar and restaurant business updates and renovations are "pretty standard." The Foggy Goggle, which has always been an

Argyle Street staple, is moving to a new location on Gottingen Street.

"It's nothing unusual," Stewart said during an interview Monday.



It's a change for the good.

Gordon Stewart

Despite all the changes, Stewart thinks Argyle Street, which has long been known among as the bar heart of Halifax, will still remain a large part of the entertainment district.

Although the new Nova Centre may have some influence on the streetscape, and shad-

ows can't be avoided, the proposed plan will be a "classy" upgrade, said Stewart.

"It's an interesting opportunity," he added.

The city's planned streetscape project, with construction taking place this summer, will eventually allow restaurant's patios to stay open longer and Stewart says that's just one positive. The project is set to also include designs to eliminate curbs and reduce the amount of parking. It will also be more "green," with proposed underground boxes that will hold trees.

"It's a change for the good," Stewart said

GUIDE DOGS

Puppy foster families needed



Yvette d'Entremont
Metro | Halifax

The Canadian Institute for the Blind (CNIB) is embarking on its first guide dog program and needs Halifax volunteers to foster puppies.

"None of the existing Canadian service dog schools focus exclusively on training dogs for people with sight loss," explained Laura Kennedy, CNIB's manager of foundation programs.

"We are in the very early stages of launching the guide dog program, but essentially we are looking for some volunteers in the Halifax area to be puppy raisers."

The new program is initially being rolled out in Halifax, Toronto and Winnipeg, Kennedy said it will expand from there.

The basic requirements for puppy raisers include having a secure, comfortable home and an ability to take care of and socialize puppies from the time they're about eight weeks old until they're 12 to 15 months old.

"It's our hope that we'll have puppies in the Halifax area by the end of 2017," Kennedy said.

The CNIB doesn't know how many volunteers they'll need in Halifax, but Kennedy said they're putting feelers out to gauge interest and to see how many people would be a good fit.

"Really just as long as the person is determined and willing to put the effort in to raise a really well behaved puppy then we would work with them to make sure they have the proper training and are equipped to do that."

The CNIB will work with golden retrievers, Labrador retrievers and crosses of the two breeds due to their record of performance as guide dogs.



The CNIB works with golden and Labrador retrievers. CNIB

COURT

Doctor's trial starts with push to drop evidence

The drug-trafficking trial for a Nova Scotia doctor accused of prescribing 50,000 pills to a hospital patient started Monday with the defence attempting to have several pieces of evidence thrown out.

Ten days have been set aside for the trial of Dr. Sarah Dawn Jones in Bridgewater provincial court before Judge Timothy Landry.

When charges were laid

around a year ago, Bridgewater police alleged that Jones wrote the prescription for oxycodone and oxyneop pills over a one-year period.

Defence lawyer Stan MacDonald argued in court Monday that some information Jones gave to an investigatory board of the College of Physicians and Surgeons should be excluded.

In addition, he said that a medical drop box at her clinic

in Tantallon, N.S., which was supposed to contain some of the narcotics, also has to be kept out of the trial because police learned of it through the college's investigation.

MacDonald argued the province's Medical Act compelled Jones to provide the evidence to the college, which had temporarily suspended her licence to practice in August 2015 after a pharmacist reported unusual

activity to the college's investigative branch.

The college contacted Jones to discuss allegations she was diverting drugs and reported the matter to police.

The defence lawyer called the act's powers "draconian," and argued the evidence obtained by the college's inquiry should be thrown out in the criminal trial because it violates charter of rights protec-

tions against self incrimination.

Jones worked at the Crossroads Family Practice in the Halifax suburb, but she's under an interim suspension.

Jones has pleaded not guilty to charges including possession of narcotics for the purpose of trafficking, drawing a document without authority and fraud.

THE CANADIAN PRESS



Ross Cantwell, who is building a six-storey, mostly wood-frame construction on Gottingen Street, says wood creates opportunities for modestly priced housing. PATRICK FULGENCIO FOR METRO

Wood right for affordable housing

HALIFAX MATTERS

Tristan Cleveland



Nova Scotia just did something awesome smart. As of April 1, the province has adopted the new national building code, making six-storey wooden buildings possible.

If we want to pack a lot of people into Halifax and Dartmouth without relying too much on huge towers, we're going to have to make mid-rise buildings an attractive option for developers. Wood

could help us get there, and in a way that's both more affordable and sustainable.

I spoke to Ross Cantwell for insight on the new rules, since he's currently erecting a wooden apartment building on Gottingen Street.

"I think it is the right tool to create opportunities for modestly priced housing in some places, like Wyse Road and Gottingen Street." While housing prices on Spring Garden are high enough to pay for concrete on even low-rise buildings, prices on Gottingen often can't cover it.

The site Cantwell is de-

veloping, "has sat vacant for 35 years because the math never worked. So, what I'm doing, it's an attempt to solve that problem by using a different equation. That's the promise of wood."

Anything that makes construction cheaper makes affordable housing more viable. Wood is also more sustainable, since it's renewable and biodegradable. Using it emits, by one estimate, 60 to 80 per cent less carbon than concrete.

And here's an awesome bonus: wood makes in-floor heat feasible. "It's very, very hard to do in-floor heat with concrete," Cantwell points out, because it requires that you pour the concrete twice per floor — once for structure, once over the pipes.

Cantwell cautions, however, that, "there are pluses and minuses to both."

"The downsides for wood



Workers install in-floor radiant heat. PATRICK FULGENCIO/FOR METRO

are that it's combustible, and the buildings shrink a bit after construction," which increases maintenance costs. "Sound also moves much more easily through a wood frame structure than it does through concrete."

The market won't suddenly switch to wood tomorrow. Concrete is more

durable, so many developers see it as a better investment. Wood also isn't as affordable as it could be because, while there are plenty of carpenters who can do framing, there's a lack of crew managers who can run such large-scale projects. That, of course, could change.

But wood has promise.

Almost the entire south side of Quinpool has a maximum height of six storeys in the Centre Plan. Wood could make the numbers add up to revitalize that street, and many other places, too.

Even better, wood could make it feasible for some of the people who own property to redevelop their own land — instead of selling to a big developer — since wood doesn't require a crane and is easier to use than concrete for small lots. That means a much broader group of people could benefit directly from growth, and hopefully more variation in our buildings.

Paris packs in a lot of density with six-storey buildings. It's an affordable, sustainable urban form that keeps sunshine on the street. Giving credit where credit is due, the Liberals deserve kudos for this one.

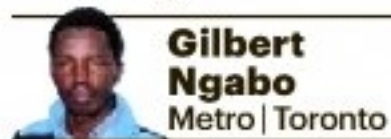


Wood could make it feasible for some who own property to redevelop their own land since wood doesn't require a crane and is easier to use than concrete.

Aiming to help East Africa

metro EFFECT

Charity's campaign to help those facing famine



Gilbert Ngabo
Metro | Toronto

A community effort is underway in Toronto to bring some relief to people facing famine in East Africa.

Following last week's Metro series chronicling food shortage in four countries already under the United Nations famine watch, one charity is springing into action.

The International Development and Relief Foundation (IDRF) is launching a campaign for emergency assistance to people in Kenya, Somalia, South Sudan and Ethiopia.

In varying degrees, the four countries have endured three years of drought conditions that devastated crops and livestock, leaving millions of residents at the brink of starvation. But the crisis has largely been



Members of the International Development and Relief Foundation, which is launching a campaign for emergency assistance to people in East Africa. EDUARDO LIMA/METRO

overlooked, said IDRF chair Zeib Jeeva.

"We have so many kids that are possibly going to die because aid is not coming," he

said. "It's very sad that there isn't much attention about this dire situation. We feel it's our duty to help."

The UN has warned that over

20 million people in Yemen, Somalia, South Sudan and northern Nigeria could soon face a full-blown famine if a \$4.4-billion relief fund is not



We have so many kids that are possibly going to die because aid is not coming.

Zeib Jeeva

provided by July. Ethiopia and Kenya are not on the UN watch, but the two countries are in the same predicament of a looming crisis in East Africa, according to IDRF.

As part of the campaign, the charity will partner with organizations on the ground to provide meals to people in need — many of whom have been internally displaced and live in temporary camps.

Jeeva said it is important to provide immediate emergency relief to those facing starvation, but the greater emphasis must be on long-term stability and sustainability of affected communities.

"We can't just be there when the situation is in the media and forget people afterwards," he said.

Canada digest

HEROISM

Malala to become honorary citizen

Nobel Peace Prize winner Malala Yousafzai will receive her honorary Canadian citizenship in Ottawa next week. Prime Minister Justin Trudeau's office says the presentation will take place April 12, when the 19-year-old Pakistani woman will also address Parliament.

THE CANADIAN PRESS



Malala Yousafzai

MANITOBA

Tina Fontaine's sister reported missing

The sister of a Manitoba teen who became one of the poster children for the issue of missing and murdered Indigenous woman is now missing herself.

Sarah Fontaine, 16, has lost a father, a sister and a cousin in recent years. She is the younger sister of Tina Fontaine, the 15-year-old whose body was found wrapped in a bag in the Red River on Aug. 17, 2014.

THE CANADIAN PRESS

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SYRIAN REFUGEES

Saying 'thank you' with food

A group of Syrian refugees is cooking weekend meals for Halifax shelters as a way of giving back to the community after a "racist attack" on one family.

Mohammad Al Jokhadar said a friend came up with the idea as a way to respond positively to the harassment of a Syrian refugee family in Halifax.

"We're just maintaining the equilibrium in society, right?"

So if somebody throws a little bit of negativity, you give them a little bit of positivity to counteract the effect."

One of the members of the Syrian Thanksgiving Group of Nova Scotia, Suha Mersal, said they wanted to thank the Canadian government for bringing them here, and hope to give something back.

Eight out of 10 members of the group are Syrian refugees.

On Sunday, several families came together to cook Syrian foods and then delivered them to Adsum for Women and Children, Herring Cove Apartments, Metro Turning Point, Phoenix House and Phoenix Youth Shelter.

It was the group's third weekend cooking for shelters, and Al Jokhadar said they plan to make it a weekly event.

THE CANADIAN PRESS

150 WAYS of looking at Canada

POSTCARD NO. 63

SMUGGLERS COVE, NOVA SCOTIA



EACH TIME WE VISIT GRANDMA WE WALK DOWN TO SMUGGLERS COVE IN NOVA SCOTIA. MY SON MAKES UP STORIES ABOUT HOW THE PIRATES GOT INTO THE CAVES. THE SLOW WAVES ALWAYS CALM US. **GINA COMEAU**



COLOMBIA

Relatives search for loved ones

Jose Albeiro Vargas last saw his grandson the night fierce rain unleashed havoc on this small city surrounded by rivers and mountains in southern Colombia.

From what Vargas has been able to gather, the torrents of mud, water and debris unleashed on the city of Mocoa by the rain-swollen river swept away his daughter and her 18-month-old grandson, Jadir Estiven. Ever since, he has been searching for them without success.

"They were hit by the strongest avalanche," Vargas, a clothing store owner who was so exhausted he could barely speak or open his eyes, said Sunday.

He is far from the only person in Mocoa searching desperately for young loved ones. At least 43 children were among the confirmed dead from the devastating flood, according to President Juan Manuel Santos. The national disaster management agency said Monday that the official death toll had increased to 262.

The young may have been particularly vulnerable in this disaster because nearly all were in bed when the floods surged through the city of 40,000 Friday night and early Saturday.

THE ASSOCIATED PRESS



A wounded young girl waits for medical attention at a shelter in Mocoa, southern Colombia, on Monday.

GETTY IMAGES

Explosion tears through Russian subway station

ST. PETERSBURG

11 people dead, 45 being treated in hospitals

A bomb blast tore through a subway train deep under Russia's second-largest city Monday, killing 11 people and wounding more than 40 in a chaotic scene that left victims sprawled on a smoky platform. Hours later, anguish and fear rose again when police found and defused a shrapnel-packed explosive device at another St. Petersburg station.

There was no immediate claim of responsibility for the attack, which came while President Vladimir Putin was visiting the city, his hometown. In the past two decades, Russian trains and planes have been frequent targets of terrorism, usually blamed on Islamic militants.

News reports initially said police were searching for two suspects, and Russian state television showed a photo of one suspect wearing what appeared to be a skullcap characteristic of Russia's Muslim regions. However, the Interfax news agency later cited unspecified sources as saying police now suspect the blast was the work of a suicide bomber linked to radical Islamists.

The National Anti-Terrorism Committee said it was looking for the "perpetrators and organizers of the terror attack." St. Petersburg, a major tourist destination famed for its imperial palaces and lavish art museums, had been spared previous attacks.



From now on, I will be scared to take the subway.

Marina Ilyina

"From now on, I will be scared to take the subway," said Marina Ilyina, 30, who brought flowers to the station where the train stopped after the bombing. "We in St. Petersburg thought we wouldn't be touched by that."

The explosion occurred in midafternoon as the train travelled between stations on one of the city's north-south lines. The driver chose to continue

on to the next stop, Technological Institute, a decision praised by the Investigative Committee as aiding evacuation efforts and reducing the danger to passengers who would have had to walk along the electrified tracks.

The National Anti-Terrorism Committee said the death toll was 11, with another 45 people being treated for wounds in hospitals.

Amateur video broadcast by Russian TV showed people lying on the platform of the Technological Institute station, and others bleeding and weeping just after the damaged train pulled in. THE ASSOCIATED PRESS



1 Blast victims lie near a subway train hit by a explosion at the Tekhnologicheskoy Institut subway station in St. Petersburg, Russia, on Monday.



2 Russian President Vladimir Putin places flowers in memory of victims of the blast in the Saint Petersburg station. THE ASSOCIATED PRESS



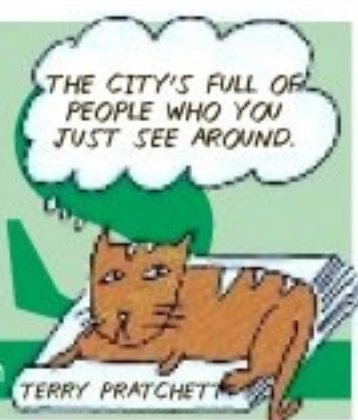
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BLUEPRINT by Jamie Bradburn For Metro

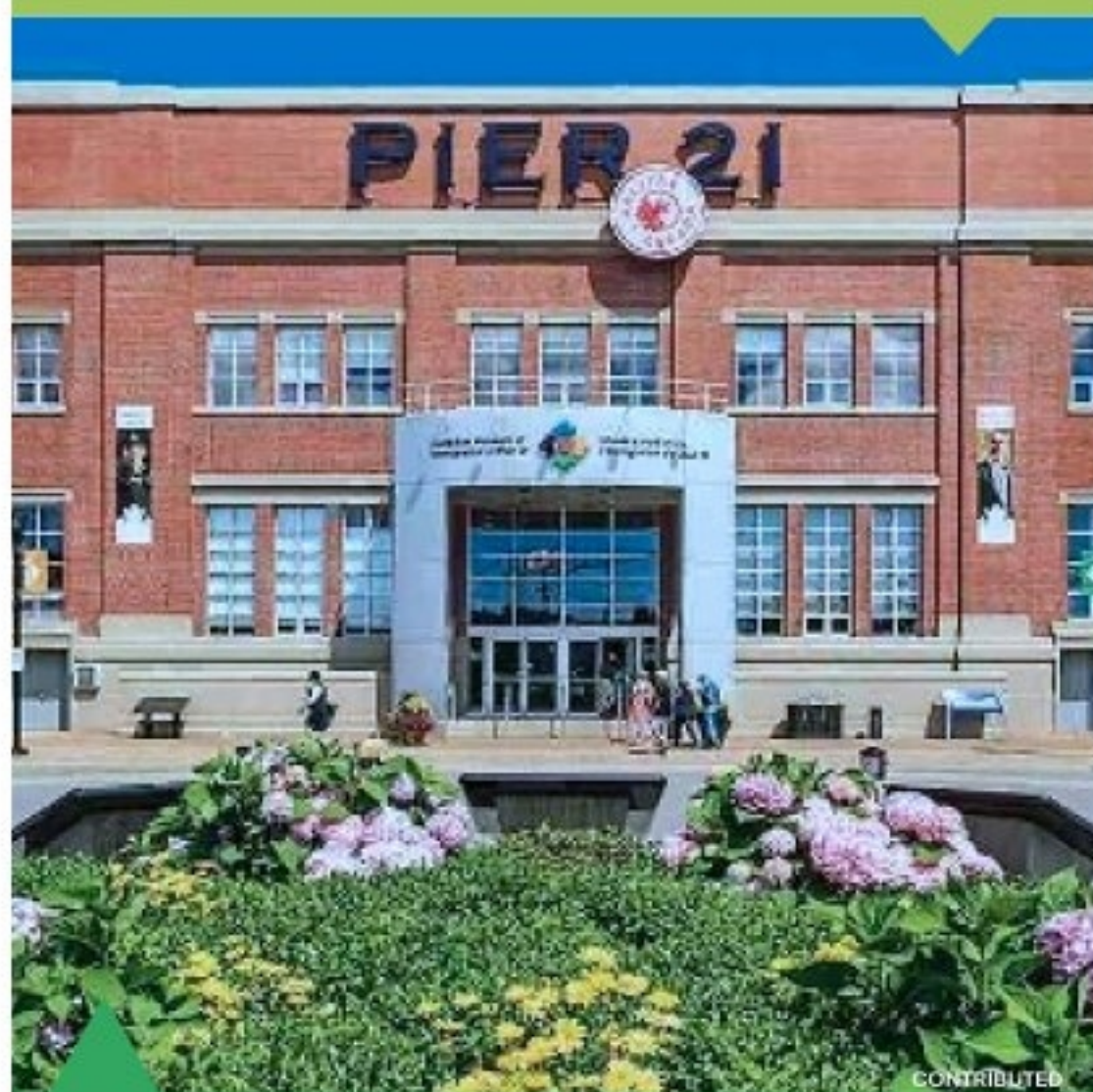
Old buildings hosting new ideas

Sometimes buildings outlive their original purpose, but it doesn't spell their end. Canadian cities are filled with historic structures that found second lives. From museums to supermarkets, these sites provide innovative new uses that respect each building's past. They show that with creativity, a heritage designation isn't an obstacle to building a great city. **Some highlights across the country:**

Pier 21, Halifax

THEN

Ship terminal that served as a gateway to Canada for over one million immigrants between 1928 and 1971.



NOW

Houses the Canadian Museum of Immigration at Pier 21, a Nova Scotia College of Art and Design campus, shops and studios.

Mill Street Brew Pub, Ottawa

An 1850s-era grist mill on the Ottawa River.



Mill Street Brewery now operates the site as a brew pub.

Union Bank, Winnipeg

The oldest skyscraper in western Canada, opened in 1904.



Red River College's GlobalFoods Institute now resides in the old bank.

Mercer Warehouse, Edmonton

Warehouse built in 1911 to store cigars and liquor.



Part of the city's warehouse district, it houses restaurants and startups.

Maple Leaf Gardens, Toronto

Where the Maple Leafs enjoyed their glory days.



Ryerson University's gym, including a rink; also, a grocery store.

King Edward Hotel, Calgary

Historic railway-era dive bar along the city's "Whiskey Row."



Disassembled and rebuilt brick by brick as music venue and museum.

Roundhouse, Vancouver

Western terminus of the Canadian Pacific Railway.



Community space, performance venues, art studios and a gym.

PUBLIC WORKS

The week in urbanism



SHIP SHAPE

A Seattle doughnut shop turned a 7.3-metre wooden boat into the city's newest public space. The Endurance is anchored in land outside Mighty-O Donuts, inviting people to sit on cedar benches, and feel a bit nautical.

SCALING INEQUALITY

Calgary introduced a \$5.05 monthly transit pass for its lowest-income residents. People earning \$12,500/year or less can pay the new low rate, which comes in at a deep discount from the \$101/month pass.

URBAN DICTIONARY



DEFINITION

A **Barnes Dance** is an intersection where cars stop in all directions to allow pedestrians to cross diagonally. Named for former New York City traffic commissioner Henry Barnes, it is frequently called a pedestrian scramble or diagonal crossing.

USE IT IN A SENTENCE

Chad was confused that the **Barnes Dance** had nothing to do with country music.

CITY CHAMP

Stephanie Allen is a Vancouver-based planning researcher and real estate worker. Her graduate studies at Simon Fraser University focus on incorporating historically marginalized voices in city building.

@BuiltJustice



WORD ON THE STREET by Luke Simcoe For Metro

More cities need to open the doors and let the hackers in



When I walk into Civic Tech's Toronto meetup, I'm greeted by coders, data geeks and policy wonks.

In one corner, volunteers work to make the city's budget process more transparent. In another, a gang of "guerilla archivists" are saving climate change data from the clutches of Trump's administration.

It's an uplifting scene that plays out across Canada, including BetaCity YEG in Edmonton, Civic Tech London and YOW Civic Tech in

Ottawa.

As Canadian cities strive to get "smarter" — to better use data and technology to address the challenges they're facing and improve the services they deliver — this growing civic tech movement can lend a hand.

By applying strategies still alien to government, like agile development and design thinking, civic tech groups are building tools to address city issues faster, and often cheaper, than municipalities are used to.

Imagine the possibilities if local governments embraced and supported these mostly volunteer groups.

Some cities are catching on. But more should adopt the International Open Data Charter like Edmonton has, or launch a Civic Innovation Office like Toronto, or give startups a chance to solve municipal challenges. In Guelph, Ont., a new "civic accelerator" has already helped save five million litres of water by bringing in water monitoring experts.

The result? A more environmentally-conscious and affordable city.

If Canadian cities want to be smart, they should foster these groups, partner with them, and build tech solutions that start with the community.

After all, technology is only as good as the people who build it.

Luke Simcoe works for Urban+Digital, a non-profit focused on how governments use technology.



How I fell for a psychopath

RELATIONSHIPS

Online forums helping victims realize that it's time to get out

Though the lies started right away, it wasn't until much later that Sandra realized how badly she'd been conned.

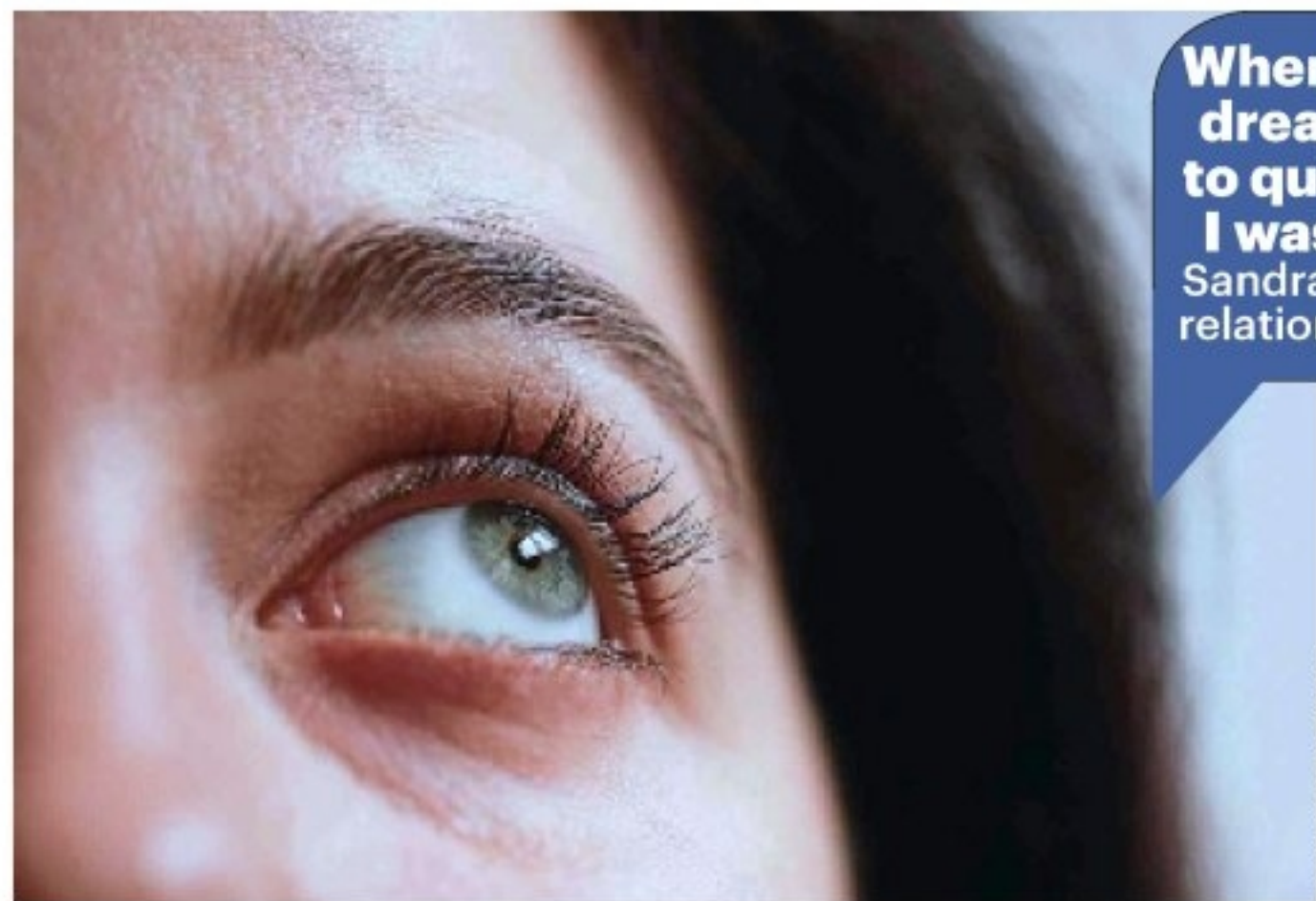
They met at a mutual friend's birthday in 2012. She mentioned she was taking a woodworking class; he was considering the same one. "He started with the 'me too'-ing and it felt like we had so much in common," says Sandra*, who is now 35 and lives in Toronto.

Soon followed a phase of what she calls "love-bombing," where it seemed she'd met her perfect match. There were unbelievable, magical coincidences: he "just knew" when she couldn't sleep, calling late at night. She'd fantasized about a dream date with a scavenger hunt in a library using books as clues. She couldn't believe when he made it happen.

"It felt like it naturally unfolded," she says. "I was like, 'This is my soulmate.'"

By the time he started to drift away just a few weeks later, Sandra was hooked. The pattern, she would later discover, is common and linked to psychopathic traits. While pop culture suggests psychopaths are cold-blooded killers, there's a growing awareness of the damage the subtler variety can inflict on others.

According to victims, it starts with idealization, which could in-



When you're given your dream, you don't want to question it. It felt like I was high all the time. Sandra, who found herself in a relationship with a psychopath

ing class. She now thinks he'd been driving past her apartment at 2 a.m., checking to see if the lights were on; that he'd found a long-forgotten blog post about the library date.

It can be chilling to identify psychopathic traits in a boss, partner or — these days — political leader. Recent headlines have mused whether Donald Trump is a psychopath, sociopath or narcissist. The shared trait is callousness, an innate indifference to others.

A narcissist shares overlapping characteristics with a psychopath, which many experts agree is the same as sociopath — though the latter downplays the connotation of danger. In other words, "psycho" is a casual accusation, but true psychopaths represent a specific identity.

Diagnosis is difficult, let alone from afar. Forums are some of the few resources for victims, and are more about affirmation and support than clinical accuracy.

Therapist Willson sees the impact first-hand — it makes up a quarter of her practice. For many of her clients, mostly women, stumbling upon these sites is an entry point to healing.

"It's usually how they begin

to put it all together," Willson says. "There's a big a-ha."

When a victim addresses their suspicions, they may be accused of being crazy, jealous or sick, and start to doubt their own sanity, Willson says. The psychopath walks away with no remorse. Accepting that the love and flattery were part of a strategy to get sex, shelter, money or entertainment, can cause rage, distress and major self-doubt in victims.

The forums are useful, but only to a point, Willson says. Victims need to get out of their situation, not stay mired in it. In many cases, she says, they should seek one-on-one therapy to address self-esteem issues.

Sandra eventually took the advice of her anonymous online friends and refused all contact with her boyfriend. Her ex died in Toronto in late 2015, several months after she'd broken it off. She'll never know if he was truly a psychopath, had a few traits, or was just a really bad boyfriend.

But finding a forum to share her experience was life-changing, and she hopes others who feel trapped by a relationship with a psychopath realize they aren't as isolated as they think.

"I hate social media. I can't stand it. This is the only website on the planet where I made an account and talked in the forums after lurking for a year," she says today. "I felt compelled to tell other women it was going to be OK."

**Sandra is a pseudonym, used to protect the identity of all involved.*

TORSTAR NEWS SERVICE

clude personality mirroring and over-the-top affection. Then follows devaluation, lies, infidelity and poking at insecurities; then an eventual discarding, replacing one unwitting victim for another.

Countless people say they've experienced something similar, sharing their stories in online forums such as Psychopath-Free.com, Aftermath: Surviving Psychopathy and LoveFraud.com. These have become support networks for people who believe they've been caught up with a psychopath — someone who is unable to experience love or empathy, who is charming but insincere, lacking in remorse and pathologically egocentric.

About 1 per cent of the population may fit the criteria.

The forums are a source of data for academics, providing some of the only research on the potentially devastating impact.

"These are not people who are axe-murderers, but they are sort of torturing somebody. That emotional manipulation is not what normal human beings engage in. Usually we have a degree of empathy," says Toronto therapist Sheila Willson, who counsels victims of these toxic partners.

"It's enraging, distressing, traumatizing and causes so much self-doubt."

About a year into her relationship, Sandra found herself

Googling the warning signs and came across one such forum.

Charm, lies and manipulations. Having to explain obvious human emotions to him. His crushing boredom, leading to recklessness. Check, check and check. Sandra's boyfriend disappeared three times, ditched countless jobs and moved several times over the next two and a half years. She is now convinced he had taken up with other women, piecing together clues from Facebook and elsewhere.

Get out, her online friends advised. Break off all contact.

Sandra eventually accepted she'd been duped. He never signed up for that woodwork-

HEALTH

Calls to raise awareness of transgender fertility options

Genna Buck
Metro Canada



Many trans people believe choosing to have surgery to affirm their gender means they have to give up the possibility of having biological children in the future.

But that's not necessarily true, and according to a new study conducted at three Toronto medical centres, many transgender patients aren't aware of their fertility options. The study surveyed 213 transgender adults, including 187 who have no chil-

dren. About half were assigned female at birth; half male.

Thirty per cent of respondents told researchers they didn't know their fertility options. Of those, 77 per cent said they'd never even had a conversation about fertility with their doctor.

Infertility is a side effect of hormone therapy and many procedures that fall under the umbrella of gender affirmation surgery (sometimes also called sex reassignment surgery).

But preserving eggs or sperm before beginning treatment can help get around that problem.



For example, before having a hysterectomy a transgender man could have his eggs removed and frozen, and then later pursue a pregnancy with a fertile female partner or a surrogate.

Rachel Clark, a transgender

"We have to do a better job making sure that people are aware of their reproductive options."

Rachel Clark

woman and LGBTQ rights activist living in Toronto, said the findings didn't surprise her.

"I was lucky enough to have a doctor who was experienced," she said. "And I came out much later in life. I already knew that

I wasn't having children."

"But if I'm a 20-year-old person (transitioning), I should be informed that it's going to have an effect on my reproductive organs, and that I can take steps to preserve fertility," she added.

She blames the problem on many doctors' lack of familiarity with transgender health issues.

"Now there are many doctors who can make decisions on trans health care, which is great," she said. "But people who are new might not know to ask about fertility. It's not that they're bad doctors, it's just that they don't

understand."

Finally, there's the issue of cost. Egg freezing, storage, and IVF can run into the tens of thousands of dollars, and transgender people are disproportionately poor. In Ontario, more than half of transgender people make less than \$15,000 per year. Participants in the new Toronto study named cost as their number one barrier to fertility options.

"We have to do a better job making sure that people are aware of their reproductive options," Clark said, "figuring out a way to alleviate the cost."

Genna Buck
Metro Canada



When Jody McLennan woke up to find her husband Oghenovo Avwunufe unconscious and unresponsive, she did the right thing: She called 911 and started CPR, giving chest compressions.

Tragically, it was too late. Avwunufe had passed away some time before, after taking cocaine that was likely laced with the deadly painkiller fentanyl.

The growing number of Canadians dying from opioids like heroin, oxycodone and fentanyl has spawned a debate about what specific first-aid advice and training are needed to address the crisis. Different organizations, such as the American Heart Association and the World Health Organization, have slightly different guidelines.

The whole issue of overdose first aid is fraught with emotion and surrounded by a great deal of misinformation and confusion — particularly when it comes to the relative merits of rescue breathing (commonly called “mouth-to-mouth”) and chest compressions (a.k.a., CPR).

Metro spoke to three Canadian experts to clarify what you need to know if you're faced with someone who has overdosed and might die.

All three gave the same basic

How to act in an overdose emergency

Chest compressions or rescue breathing? Metro gets some expert insight about first aid responses

advice: If, after using drugs, someone passes out and can't be roused, call 911, do chest compressions, and give naloxone, a lifesaving over-the-counter drug that can reverse the effects of an opioid overdose.

But they had slightly different opinions about mouth-to-mouth.

Since 2010, international and Canadian first-aid guidelines have recommended against the practice in most situations, favouring simplified, compressions-only CPR instead. Studies clearly show the simpler approach encour-

ages people to do CPR instead of doing nothing, and dramatically increases survival rates from cardiac arrest.

Christian Vaillancourt, Research Chair in Emergency Cardiac Resuscitation at the University of Ottawa, explained that because opioid sedation slows or stops breathing, “Initially, ventilations (rescue breaths) would represent a far more valuable intervention.”

“That said,” he continued, “Respiratory arrest will also ultimately lead to cardiac arrest,

in which case ventilations alone are certainly not optimal without chest compressions. Chest compressions can also provide some movement of air in and out of the chest.”

Michelle Welsford, Director of the Hamilton Health Sciences Centre for Paramedic Education and Research, also favours compression-only CPR, because it can be taught in seconds. But

she said if you have the training and can get over the “yucky” factor, you should go ahead and do rescue breathing.

Aaron Orkin, researcher at the Schwartz/Reisman Emergency Medicine Institute, said a key thing to understand is that most people who overdose aren't like Avwunufe, who was 25 and perfectly healthy. Chronic drug users are prone to chronic

What to do if someone ODs

Tips from ER doctor and first-aid researcher Aaron Orkin:

- 1 Call 911**, no matter what is happening or who is there.
- 2 Check responsiveness:** Shake the person and shout their name. They should show obvious signs of life. Gurgling or moaning noises do not count as responsiveness.
- 3 Give chest compressions** if the person is unresponsive. Make sure they're lying down on a firm surface. Push hard and push fast in the centre of the chest.
- 4 Give naloxone** (nasal spray or injection), following the directions in the kit.
- 5 Use an automated external defibrillator (AED)** if there's one available. You don't need training to use an AED, and you can't do it wrong. The machine will tell you what to do and it will not go off if the person's heart is working properly.

health problems. Most people who die of overdose have more than one thing going on — like an infection, a heart condition, or other drugs in their system — not just the respiratory arrest brought on by the opioids.

And unless you're a medical professional, you can't diagnose them. So do what you know works: Chest compressions.



THE KIT

Naloxone (brand name Narcan) is an over-the-counter drug sold as either an injection or nasal spray. It's an essential first aid kit item if you're ever around people who use street drugs.

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Is it too late now to stop saying sorry? Not at all

ADVICE

Unapologetic guide to cutting back on all of those sorries

Sofi Papamarko
life@metronews.ca

My first sorry of the day was to my fellow TTC commuters. I squeezed my body onto a tightly packed bus because I was late, it was raining and there was no way I was waiting for the next one.

After that, I apologized to a barista for forcing her to break a \$20 for a cup of tea. Then, while browsing my favourite used bookstore after work, I bumped into the corner of a bookshelf . . . and promptly apologized.

I say "sorry" far too often, and often for no good reason. I started counting my sorries the other week and lost track at 47.

Excessive apologizing is a common trait of people-pleasers. It's also symptomatic of being a polite Canadian. Sorry is right up there with "about" and "eh?" as the most stereotypically Canadian of all verbal tics.

Sorry should not be used lightly. It is and should be a powerful word. It seeks to make reparations for pain caused. It expresses sympathy. It expresses empathy. For some, it is the most difficult phrase in the English language to utter. Others, like me, use it as liberally as punctuation.

Here are some scenarios where people might unnecessarily use the word "sorry".

Case 1 — You find a hair in your food at an upscale restaurant

Incorrect response: "Sorry! There's a hair in my soup. Maybe it's mine? It's probably mine. Sorry! Can I get another one? Sorry! Sorry! No, I'm sorry!"

Correct response: "Excuse me,

there's a hair in my soup."

Case 2 — Somebody stands on your foot

Incorrect response: "Ouch! Oh! Sorry!"

Correct response: "You are standing on my foot."

Case 3 — You have to cancel plans with a friend because you've caught a cold

Incorrect response: "I am so sorry but I have to cancel our plans tonight! I have a cold. Sorry! Such bad timing, I know. Sorry! Sorry! Sorry! I'm the worst!"

Correct response: "I have a cold and have to cancel because I care about you and I don't want to get you sick."

Case 4 — Your husband impregnated your best friend

Incorrect response: "I suppose I have been a somewhat neglectful partner and friend lately, what with starting a new business and pursuing my dreams and all. Sorry!"

Correct response: "We are get-

ting a divorce."

There are, of course, legitimate situations where you should say that you're sorry. When you have hurt someone. When someone you care about is hurting. When you regret doing or saying something (or not doing or not saying something) that has impacted another person's life in a negative way.

Don't feel too badly, sorry-ers! People who never say sorry are the bigger problem. If you never believe you're wrong or feel no remorse for hurting people, you're a petulant child and/or a sociopathic narcissist and/or the 45th President of the United States of America. (Sorry not sorry.)

For the rest of us, "sorry" is a pox on our tongues. Let's do our best to stop saying "sorry" unless it's called for and only use it when it counts.

TORSTAR NEWS SERVICE

Sofi Papamarko is the founder of Friend of a Friend Matchmaking



We should only use sorry when it really counts. iStock

Purrdy

Domestic Short Hair

Purrdy is a sassy kitten. She is about 6 months old and still growing. She has a congenital curve in her spine that should not affect her ability to have a happy life. Purrdy started life as a stray cat, and she found her way into someone's basement. She is still getting used to being around people. Purrdy is playful and friendly.

She doesn't seem to like other cats all that much. She will probably do best in a home where she can be spoiled like the unique and lovely creature that she is.



For more information on Purrdy and other adoptable furry friends, visit www.spcans.ca/dartmouthshelter or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or dartmouth@spcans.ca

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LEARNING CURVE

Reflect on your school year to enhance the experience

Ask yourself what skills you've learned and if you're happy with your academic path or if there are other options to explore

The first year of post-secondary school can fly by for many students, leaving some to feel discombobulated at its close and wondering what to make of that tornado of textbooks and teachings that just passed by. Experts advise that taking the time to revel in a certain amount of reflection can add some much needed resolve to the year.

"Students sometimes question how their time in university or college will help them in their future endeavors," says Anna Hussey, academic advisor at the University of Winnipeg. "The act of reflection gives students the opportunity to analyze their post-secondary experience on a deeper level."

Hussey says that in asking certain questions of themselves, students can come to understand how their post-secondary experience is benefiting them both on a personal level and preparing them for the professional world ahead.

"I suggest a student asks him or herself what some of their major accomplishments were this year," Hussey advises. "What was fun about their academic year? Why were those moments significant? Were there disappointments or struggles along the way? What can be taken away from those experiences?"

When thinking about the future, Hussey suggests that a student should also reflect on how they feel their time in

post-secondary is preparing them for a future career or academic pursuits.

"What skills have you learned in this place? Make an extensive list and think outside of the box. Are you pleased with your current academic path? Are there other options you have considered?"

Stefanie Chapman, student advisor at Acadia University, says that during the process of reflecting on the year, students should also be cognizant of the types of reflections they're having.

"There is a fine line between being overly-critical and complacent when reflecting," says Chapman. "If we can encourage students to be both honest and compassionate with themselves, progress is inevitable."

Chapman adds that focusing on new experiences is important because those particular types of moments go hand in hand with reflection.

"A great question to ask is, 'when is the last time I did something outside of my comfort zone?'"

And with increasing amounts of students across the country identifying as having mental health issues, Chapman says reflecting one's emotional well-being throughout the year is particularly important.

"Ask yourself, 'what are my needs as a person and are those needs being met?'"



ISTOCK

**THERE IS A FINE LINE
BETWEEN BEING OVERLY
CRITICAL
AND COMPLACENT
WHEN REFLECTING.**

– Stefanie Chapman

she says. "Further to this, ask, 'what are my wants?' From there, evaluate where the gaps are for you and begin to identify

how to close them, either through using resources on campus or through personal interventions."

Anna Hussey agrees, reminding that taking a moment to reflect on the year can help students to truly appreciate the challenges they have overcome, the skills they have developed and the triumphs that deserve to be celebrated.

"It is hard to know where we are going if we don't have an understanding of where we've come from."

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Barking up the wrong tree in your career?

Discover a rewarding profession in the veterinary industry

Veterinary hospital assistants (VHAs) fill a variety of roles: they're the counsellor, educator and advocate — they're at the frontline of animal care.

Veterinary assisting is a dynamic and fulfilling path for anyone desiring a rewarding career in animal health care.

"Our nine-month VHA program at daVinci College provides hands-on training with actual animals and prepares students for the fast-paced, quality-controlled veterinary hospital environment," says Dave Maguire, marketing director, daVinci College.

"Under the guidance of experienced industry professionals, our VHA students learn relevant theory and master practical skills using actual field equipment."

Courses include a range of topics: pet first aid, anatomy and physiology, clinical office pro-



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cedures, nutrition, communications, veterinary medical terminology, dog and cat behaviour, fundamentals of dental and surgical procedures, and many more.

Students of this program are taught by experienced industry professionals, with classes filled by other like-minded students.

"We give you more than just cool skills and valuable knowledge; we prepare you for real jobs that are waiting for you to take or create," says Maguire.

As a VHA, graduates of this program will be able to provide nursing care and rehabilitation therapy for animals, as well as assist the veterinarian with animals before, during and following surgery by preparing surgical equipment, administering and monitoring anaesthetics and cleaning up after surgery, among many other job duties required in the field.

Classes for this program begin several times per year and typically fill up far in advance.

For more information about this program, visit davincicollege.org.

Train for a fulfilling profession as a human services support worker

A career as a human services support worker is not a job for paper pushers — it is a fulfilling, hands-on career with a great deal of personal interaction.

"In the new Maritime Business College human services support worker program, students learn how to assist the disabled by developing their life skills and by teaching them how to care for themselves," says Dave Maguire, marketing director, Maritime Business College.

"It is a highly rewarding career where you can make a difference every day."

As a human services support worker, you will help your clients to grow and flourish, and you help improve the quality of life for both your client and their family.

Students of this MBC program will be trained to work with disabled clients that face physical, mental and/or intellectual challenges.

Your clients will learn essential life skills to achieve independence, including employment skills, financial management and socialization.

"They will overcome stigmas and ultimately feel empowered," says Maguire.

Graduates are prepared for employment as human service workers in government,



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community-based agencies, health care or educational facilities, providing services to individuals with mental, emotional, learning and/or physical disabilities.

With training that encompasses the entire life span, graduates have the opportunity to work in a wide range of settings, from supporting pre-schoolers with autism to seniors dealing with the challenges of aging.

"This is a career with high employability," says Maguire.

"It's more than a career — it's an emotional calling."

Visit maritimebusinesscollege.ca for more information.



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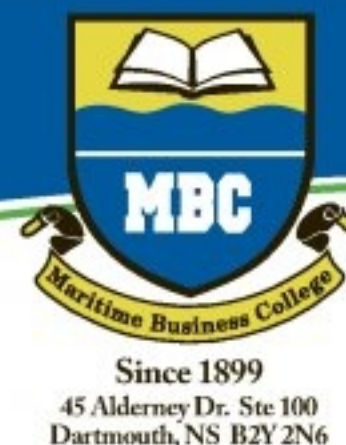


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Help others stay on life's course by developing your coaching skills

A personal life coach is someone who gets to know you well, helps you stay focused, accountable and on course.

This person is a non-judgmental support, a trusted role model, adviser, ally and guide.

"Coaches are generalists, as they are trained in a variety of life skills related issues, and yet many continue on and develop specialized areas," says Abe Brown, president, Certified Coaches Federation (CCF).

Brown says general qualities of an effective coach are as follows:

- 1) They are accomplished listeners. They have deep and empathetic listening and hearing abilities.
- 2) They are reframing professionals. They have developed the ability to help clients re-think a situation, turning problems into opportunities.
- 3) They have the capacity to suspend judgment. Self development consultants have "heard it all" and are not easily shocked. It is fundamental to the process that clients have a place to unload. Among other things, clients find this liberating and energizing.
- 4) They practice discretion and principled values. Professional life coaching consultants have, and maintain, strong ethical and



Abe Brown. CONTRIBUTED

confidentiality guidelines.

- 5) They have the capacity to offer possibilities and solutions.

For those who already possess these qualities or who are interested in becoming an effective coach, learn to coach through a two-day intensive certified life and executive coach training course this spring.

This course is available on May 6-7 at the Best Western Hotel, Chocolate Lake, Halifax.

To learn more, contact Abe Brown at (866) 455-2155 or abe@certifiedcoachesfederation.com, or visit certifiedcoachesfederation.com.

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Child and youth care workers strive to improve the development of vulnerable children and adolescents.

"Graduates of the Success College child and youth care worker program are prepared to support at-risk children, youth and their families who are experiencing a wide range of emotional, social, behavioural and learning challenges in a positive, safe environment," says Dave Maguire, marketing director, Success College.

Child and youth care workers administer and implement a variety of social assistance programs and community services, and assist clients to deal with personal and social problems.

"Training aides and certifications truly separates our human services programs from other diploma programs," says Maguire.

"Graduates from these programs will leave school with a wide range of certifications that make them better support workers and increase their chances for employment."

As part of the diploma program, students receive a student membership in



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the Nova Scotia Child and Youth Care Workers Association.

This program has been approved by the Department of Labour and Advanced Education and is recognized across Canada.

Success College has also received the highest accreditation possible for its industry.

After a three-year evaluation process, Success College has been accredited by the Canadian Education and Training Accreditation Commission (CETAC).

"This accreditation is confirmation that Success College meets or exceeds the highest quality standards in Canadian post-secondary education," says Maguire.

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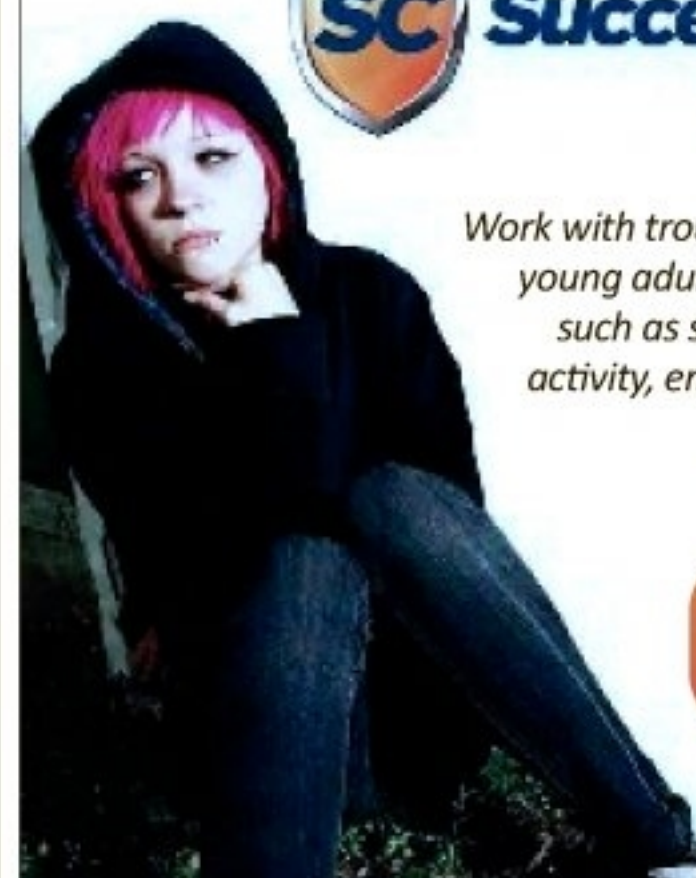
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IF YOU MUST CRAM FOR EXAMS, DO IT WISELY

Since the dawn of the post-secondary exam, the act of cramming has been decried by academics as a sloppy study tactic that often results in a less than perfect performance. But when a student's schedule has gotten the best of them and there's no other choice but to burn through the books, are there ways they can enhance this oft-condemned exercise?

"We know cramming isn't a good study strategy, but even highly effective students occasionally find themselves short of time to study," says Andrea Moon, learning strategist at Ryerson University. "We can't always predict what life brings our way."

And while the occasional cram session can be something of a rite of passage for undergraduate students, Moon adds that there are ways a student can make the best of what is hopefully an irregular study situation.

"If it's crunch time, you need to commit to avoiding distractions such as the Internet, social media and television," says Moon. "If smartphone distractions are a problem for

you, turn your phone off or keep it out of your study zone for the duration of your study session."

"I would also advise students to not skimp on sleep during exam preparation, as sleep deprivation can be detrimental to exam performance," Moon adds. "Staying up a little later than normal may be necessary, but ultimately getting a proper night's sleep is non-negotiable."

Nasim Shojayi, a coach in the student success office at the University of Waterloo, says a student environment is also key to an effective last-minute study session.

"If you must cram, start by finding a suitable study space," Shojayi says. "One that allows you to maximize your studying time."

Shojayi says that when the right study space has been found, the student should begin by reviewing the information they already know to build momentum and prioritize the important topics that are emphasized in the course syllabus.



ISTOCK

"Don't forget to take care of yourself," adds Shojayi. "Break up your studying and take breaks to help process information. Poor nutrition and inadequate amounts of sleep, negatively impact our well-being, overall functioning, information processing and performance."

Mebbie Bell, director of the student success centre at the University of Alberta, advises students that a simple pep talk to oneself during this stressful study moment can make all the difference.

"Talk yourself into being successful," Bell

says. "This isn't about unrealistic self-statements. We know that berating oneself for not starting studying earlier, for skipping a particular class or for not reviewing those notes one more time, does not help at all."

"Tell yourself you're going to stay calm and focused and, then, brainstorm on paper, or redraw any maps or diagrams, in the exam to help you remember key concepts."

Once the exam has been written, adds Moon, this pressure-cooker situation can be used as a reminder to keep on top of one's studies going forward.

Build your future by upgrading your scaffolding skills

With an aging demographic in the construction industry and an upward trend in the economy, now is the time to be prepared to step into a new career or upgrade your skills, says the director of Carpenter Millwright College (CMC), Bev Young. And, she says, if you have previous experience, the school's scaffolding program can get you job-ready in just 11 weeks.

"Scaffolding is a highly demanding sub-trade that requires participants to be comfortable working from heights, working outdoors and problem solving," says Young. "The scaffolding program is geared to carpenters with a minimum of 2,000 hours of construction experience."

The full-time offering includes a predominately hands-on curriculum with 70 per cent of program time spent on practical learning and the remaining 30 per cent used for in-class theory and concept review. Industry experts with years of experience teach the scaffolding classes, which have a ratio of only 15 students per instructor.

"The outdoor space in which students learn is as real as it gets," says Young. "Students learn to build a variety of scaffolding types, including systems scaffold, tube and clamp, and welded frame scaffold, all while adhering to a strict safety regime and



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Occupational Health and Safety Regulations and Canadian Safety Certifications (CSA Standards)."

Among other CMC offerings are pre-employment programs in carpentry and flooring installation as well as up-skill programs in areas such as formwork and drywall training.

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Former Moosehead Meier making waves in San Jose

NHL
Swiss forward soaks in ups and downs of 1st pro season



Timo Meier steps onto the ice at Rogers Arena in Vancouver for a hockey ritual he's done many times before.

But long gone are the days of being a junior star where getting into the game is a foregone conclusion.

On this Sunday afternoon, a healthy Meier ends up being the odd man out for the San Jose Sharks following the pre-game warm up, and watches the team's 3-1 victory over the Vancouver Canucks from press row.

It's the life this former star with the Halifax Mooseheads now leads as a 20-year-old rookie in the NHL.

Simply put, playing time isn't given based on a track record. It's earned.

"It's obviously hard to play in the NHL, especially as a young guy. I'm just trying to learn and take advantage of every opportunity I get," Meier, dressed like an NHLer in a fashionable suit, said in the Sharks dressing room while his teammates soaked up



Timo Meier has three goals and three assists in 32 games with the San Jose Sharks this season. In 32 games with the AHL's San Jose Barracuda, the former Halifax Mooseheads forward has 12 goals and nine assists. MARCIO JOSE SANCHEZ/GETTY IMAGES

an important victory against the Canucks.

"I have gotten in a lot of games this year so I'm happy about that."

Following three successful years in junior, this first-round Sharks draft pick has split his first professional season between San Jose and the team's American Hockey League affiliate, the San Jose Barracuda.

Meier has enjoyed a solid pro season. He has three goals, six points and a plus-one rating in 32

“Whatever role I get, I’m going to make the best out of it.”
 Timo Meier

games for the Sharks, mostly on the fourth-line while averaging about 10 minutes of ice-time.

In the AHL, Meier has 12 goals and 21 points.

Meier is in the midst of his

latest call-up to the Sharks, one he hopes continues through to the end of the season and into playoffs.

San Jose played most of last week in Western Canada, with Meier getting into games against the Edmonton Oilers and Calgary Flames, before sitting out against Vancouver.

"When you have to sit out it is just motivation to get out there again and show what you can do," said the hockey product of Herisau, Switzerland.

"The Sharks have a good team, we have a good team, and we want to go far in the playoffs."

San Jose is built for a possible lengthy playoff run, led by star veterans Joe Thornton, Brent Burns, Joe Pavelski and Patrick Marleau.

Meier could also be an important component, and continues to soak up all he can with the big club.

"Whatever role I get, I'm going to make the best out of it," he said.

QMJHL PLAYOFFS Herd ousted on road



Jonathan Briggins
 For Metro | Halifax

GAME 6 Monday night

5	2
HUSKIES	HERD

The Halifax Mooseheads made it tough on the Rouyn-Noranda Huskies in the first round but have ultimately bowed out of the playoffs after six games.

The second-place Huskies closed out the series on home ice with a 5-2 win Monday night.

After Rouyn-Noranda jumped ahead 3-0, the Mooseheads fought back with a goal from defenceman Frédéric Aubé and a short-handed tally from rookie defenceman Jordan Lepage, the first of his career, to make it 3-2.

Swiss centre Nico Hischier had an assist to finish the playoffs with a team-best seven points.

Goalie Alex Gravel finished with 34 saves. The 16-year-old finished the series with a 0.924 save percentage and 2.92 goals against average in six playoff starts, both better than his regular-season numbers.

The young Herd pulled off two unlikely wins in the series and dropped two games in overtime including Friday night's triple-overtime thriller. It's the furthest a 15th-place team has gone since the QMJHL adopted the current playoff format in 2010-11.

PYEONGCHANG OLYMPICS

NHL angst follows Games snub

It appears the 2018 Winter Olympics will lack the star power of Sidney Crosby, Connor McDavid and Auston Matthews after the NHL announced Monday it will not interrupt next season to accommodate the Pyeongchang Games.

Instead, hockey will likely be represented on the global stage by many players with unrecognizable names — think Brad Schlegel, David Harlock and Dwayne Norris from Canada's silver-medal winning team at the 1994 Lillehammer Games.

"It's very disappointing and

I feel like we're short-changing some of the younger players that haven't had that opportunity," two-time gold medal winning Canadian goaltender Carey Price said.

He added: "At a human level this is a big worldwide event that the world takes part in and we want to shine our light too."

The NHL Players' Association said in a statement that players are "extraordinarily disappointed



Gary Bettman
 GETTY IMAGES

and adamantly disagree with the NHL's shortsighted decision."

"The League's efforts to blame others for its decision is as unfortunate as the decision itself," the statement read. "NHL players are patriotic and they do not take this lightly."

What exactly might have swayed the opinion of owners toward letting players attend isn't clear. The group never bought into the idea that shutting down the season for 17 days in February would benefit the league in the long run.

THE CANADIAN PRESS

IN BRIEF

Canada stays alive at worlds
 Canada made it into the semifinals of the women's world hockey championship with an assist from their frenemies.

Canada's 8-0 win over Russia and Finland losing 5-3 in regulation to the United States on Monday combined to send the Canadians to the semifinals alongside the Americans.

Canada ranked second in their pool on superior goal differential with Finland third and Russia fourth.

THE CANADIAN PRESS

Trumbo drops mike on Jays
 Mark Trumbo homered with two outs in the 11th inning, and the Baltimore Orioles beat the Toronto Blue Jays 3-2 Monday for their seventh straight opening-day victory.

Trumbo connected off Jason Grilli (0-1) on a 1-2 slider. When he reached the plate, the reigning major league home run king was drenched in water by teammates and cheered heartily by those remaining from a sellout crowd of 45,667.

THE CANADIAN PRESS



It's the most harrowing 10 to 15 minutes of the year.

Peter Radovich, creative director for CBS Sports, on piecing together the One Shining Moment montage after the NCAA men's final.

Go to metronews.ca for results from Monday's game.

MAKE IT TODAY

Tasty Broccoli Cheese Patties



PHOTO: MAYA VISNTEI

Ceri Marsh & Laura Keogh
For Metro Canada



Lunch doesn't always need to be a sandwich — change things up with these satisfying, healthy patties.

Ready in 35 minutes

Prep time: 10 minutes
Cook time: 25 minutes
Serves 6

Ingredients

- 1 Tbsp olive oil
- 1/2 onion, minced
- 2 cloves garlic, minced
- 4 cups broccoli, chopped finely
- 3/4 cup panko
- 2 eggs
- 1/2 cup grated cheddar
- 1/3 cup grated Parmesan

Directions

1. Preheat oven to 400 degrees.

2. Sauté onions and garlic in olive oil over medium heat until they begin to soften. Add broccoli and allow to begin to soften, 3 minutes. Remove from the heat. Line a baking sheet with parchment paper and set aside.

3. In large bowl, whisk eggs. Now add panko, cheddar and Parm and mix. Add the broccoli mixture and combine thoroughly.

4. Use your hands to form even patties and place on a lined baking sheet and pop into the hot oven. After 15 minutes, use a spatula to flip the patties. Bake another 10 minutes and they're done.

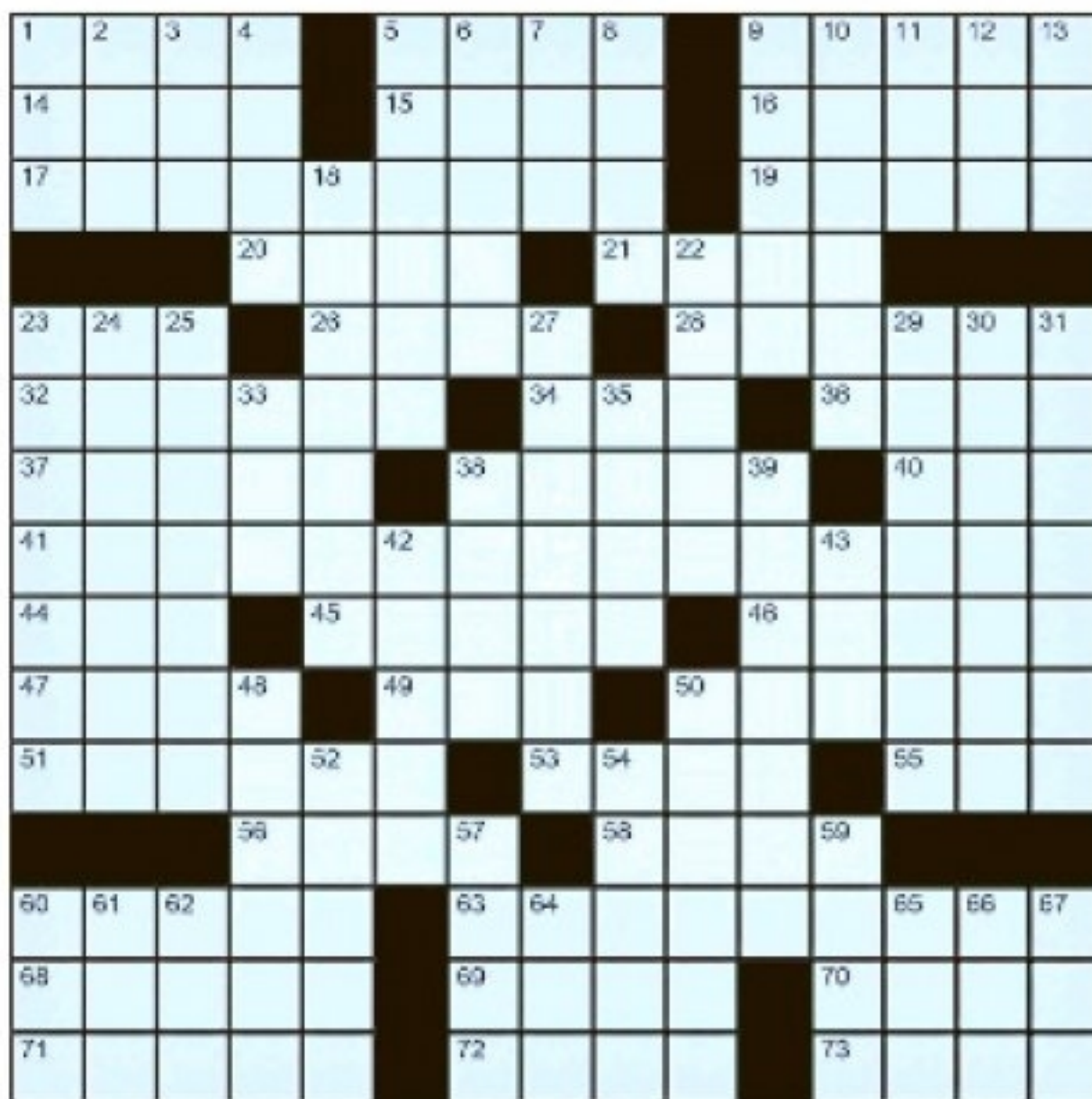
FOR MORE MEAL IDEAS, VISIT
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Use a car lot
- Lacking
- Accord
- Mr. Alda
- Boast
- Dressed to the
- Last queen of the Ptolemaic Kingdom in ancient Egypt
- Beatles: "— Your Name"
- Island of Indonesia
- Catherine of "The Dukes of Hazzard"
- Initials-sharers of Gisele Bündchen's quarterback hubby
- The Bee
- Thingamabob
- Canadian singer Mr. Maida's
- Mr. Robbins
- Strauss & Co.
- "Is that coffee —?" (What's in that pot?)
- Of prophets
- Fall from grace
- Cooking show on Gusto featuring meatless recipes, with The: 2 wds.
- Ms. Zadora
- Carved pole of symbolism
- La Route (Quebec bike paths network)
- Envelope insertion [abbr.]
- 'Super' suffix
- Shooting star
- Very nice: 2 wds.
- Pet shelter org.
- Hosp. units
- Workshop gripper
- Grand Ole
- Eyeball attach-



- ment, — nerve
63. Plates dryer: 2 wds.
68. Filmom's Mr. Langella
69. 'Kitchen' add-on
70. Constellation, — Major
71. Salad graspers
72. NASDAQ rival

73. Whiskey grains

DOWN

- Man
- Entirely
- Ms. Dawn Chong
- Drawer attachment, — Major
- Weighing needs
- Bandleader

- Mr. Shaw
7. Swed. neighbour
8. Take a DNA sample
9. 2017 is the 100th anniversary of this Canadian food company (since 1917)
10. Canadian marketing trailblazer who famously

- promoted President's Choice products, Dave (b.1940 - d.2013)
11. — hurry
12. — Aviv, Israel
13. Fashion monogram
18. The winner of one gets a tiara
22. Allow into

- the club
23. Bands of performers
24. Fantasia who won "American Idol" in 2004
25. Take it easy: 2 wds.
27. They make homes on the market appealing to buyers
29. Ms. Nielsen, host of #41-Across
30. Pilot
31. Meals
33. PBS funding org.
35. Journalism piece
38. Quash
39. Prehistoric 'painting' place/practice: 2 wds.
42. Annals
43. Finished with work [abbr.]
48. Still of this world
50. "Nanny —" (2005)
52. Chef's culinary cuts
54. Drops a letter into the box
57. Paradise
59. "— Show of Shows" ('50s variety TV series)
60. Poet's 'frequently'
61. For
62. Neutral tone
64. 'Acid' suffix
65. Sarcastic
66. 'Computer' suffix (Techie jargon)
67. — Palmas, Spain

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Be patient with family members early this morning. Fortunately, as the day wears on, you encounter fun times, and possibly even romance!

Taurus April 21 - May 21
Be careful this morning, because this is an accident-prone time for you. Be patient and diplomatic with others. Later in the day, relationships with family members are warm and loving.

Gemini May 22 - June 21
Early in the morning, guard your possessions and cash to prevent loss, theft or breakage. However, the rest of the day is upbeat and fun!

Cancer June 22 - July 23
Something unexpected will affect your world early in the morning. Small appliances might break down — or perhaps you are simply out of coffee? Look for ways to boost your income later today.

Leo July 24 - Aug. 23
Something might upset you in the early morning. Fortunately, it is quickly gone. Later today, you will love to travel and explore new places and learn new things.

Virgo Aug. 24 - Sept. 23
A discussion with a female friend might upset you this morning. Don't let this get you down, because the rest of the day is quite pleasant. It happens.

Libra Sept. 24 - Oct. 23
You might have difficulty with parents or bosses early this morning. Not to worry, because a good friend will help you enjoy the rest of the day.

Scorpio Oct. 24 - Nov. 22
Travel plans or perhaps school plans will be interrupted this morning. You will have to make adjustments — this is a certainty. An authority figure will help you later in the day.

Sagittarius Nov. 23 - Dec. 21
Double-check banking details and anything to do with shared property early this morning. Something unexpected might occur. Later in the day, travel appeals.

Capricorn Dec. 22 - Jan. 20
Arguments with partners and close friends are likely in the early morning. As the day wears on, you feel better and better. In fact, you might get a gift or a favor from someone.

Aquarius Jan. 21 - Feb. 19
Your work routine will be interrupted in the morning. Something might be canceled or broken. Relationships with others will smooth the way for you later in the day.

Pisces Feb. 20 - March 20
This morning is an accident-prone time for kids, so be extra vigilant. Likewise, romantic partners might quarrel. Ironically, all is well later in the day.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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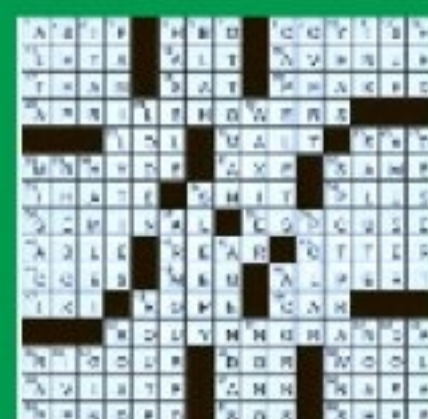
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OFFLINE READING

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to
metronews.ca/games



6	3	2	7	8	4	1	9	5
4	8	1	2	9	5	6	7	3
9	7	5	6	3	1	4	2	8
7	1	6	8	5	3	9	4	2
5	4	3	9	6	2	7	8	1
2	9	8	4	1	7	5	3	6
3	6	9	5	4	8	2	1	7
8	2	4	1	7	6	3	5	9
1	5	7	3	2	9	8	6	4



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